

Blue Cross[®] VIRTUAL WELL-BEING

February well-being assignments

Each month, we're going to give you two or three way to improve your well-being. You can do one or all of them — it's up to you. Use the check boxes to keep track of your completed tasks. This month's assignments are:

Meditate for at least five minutes three times a week this month.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Write down three things you're thankful for each evening before bed.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Complete two random acts of kindness.

<input type="checkbox"/>
<input type="checkbox"/>